



Empathy Essentials

Showing empathy is an important part of friendships and helps people bond and feel more connected to one another. Show empathy by following the two steps below.

I didn't make the soccer team.



I would be sad too if I didn't make the team I wanted.

STEP 1:
Put Yourself in Someone's Shoes to figure out how they feel.



STEP 2:
Take action to show you understand their feelings.

I'm really sorry about that. That must have been hard.



Thanks.